

Long Weekend Reboot - Day 1

Hello Rebooters,

Today is the first day of your exciting journey toward health and wellness.

Eat Well, Be Well,

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Daily Juicing Tips

- First Thing in the Morning have 8-16oz of hot water, add lemon and ginger if desired
- Follow with 16oz. of water
- Before Bed have hot herbal tea, you can add Stevia for sweetness if desired
- Leave peel on citrus fruits for more zest

Meal Plan: Day 1

Breakfast	Mid Morning Juice
<p>Carrot Apple Ginger Juice 3 Carrots 2 Apples 1" Ginger</p> <p>Juice, Pour over ice, Enjoy!</p>	<p>Mean Green Juice 1 Cucumber 4 Celery stalks 2 Apples 6-8 leaves Kale 1/2 Lemon 1" Ginger</p> <p>Juice, Pour over ice, Enjoy!</p>
Lunch	Afternoon Snack
<p>Gazpacho Juice 4 Plum Tomatoes 1 lg Cucumber 2 Celery stalks 1 Red Bell Pepper ¼ sm Red Onion 2 cups Parsley (leaves and stems, roughly chopped) 1 Lime</p> <p>Juice, Pour over ice, Enjoy!</p>	<p>Citrus Inspired Green Juice 6-8 leaves Kale 8 leaves Swiss chard 1 Cucumber 6 Clementines</p> <p>Juice, Pour over ice, Enjoy!</p>
Dinner	
<p>Sunset Blend Juice 1 lg Sweet Potato 1 med Carrot 1 Red Bell Pepper 2 lg Red Beets 2 Golden Delicious Apples 1 Orange (optional)</p> <p>Juice, Pour over ice, Enjoy!</p>	

Long Weekend Reboot - Day 2

Classic Reboot - Day 6

Topic: Tips for Juicing

Hello Rebooters,

Today begins the second part of your Reboot – where juicing is quickly becoming an important part of your day-to-day diet. Review these tips to help get you into drinking delicious, nutrient dense juice once or twice a day. Make juice in batches in the morning and bring enough with you to have between or with meals. Bring juice in any BPA free container and store in a refrigerator.

Strive to have juice made from fruits only in the morning. You can add a vegetable to your morning fruit juice as desired. For the rest of the day, juice should be made from mostly vegetables – about 80% veggies and 20% fruits. While adding a little fruit to the vegetable juice is a great way of improving the taste, relying too heavily on fruits will diminish the health benefits of the Reboot because you'll be missing out on the wealth of micronutrients locked away in vegetables. Also, drinking a substantial amount of fruit juice will lead to rapidly absorbed sugars resulting in an energy crash and a boost in insulin (an inflammation promoting hormone we need to metabolize sugars that in excess can promote diabetes, heart disease and cancer).

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Juicing Tips

How to Prepare a Juice:

- Select fruits or vegetables you'll be using for your juice.
- Wash thoroughly.
- Line juicer's pulp basket with plastic bag for easy cleanup.
- Cut or tear produce into pieces that will fit in juicer.
- Turn juicer on and start juicing!
- Each juice should be at least 16 oz.
- If your juicer has more than one speed, don't forget to downshift from high to low for softer fruits. Most juicers come with a chart in the instruction manual to help guide you on speeds. Usually hard produce like apples, beets are on High and soft ones like spinach or cabbage are set to Low.
- Enjoy!

Juicing Tips:

- Remember to drink water throughout the day. Juices do not replace water intake.
- Green Apple/Pear is optional in all juices - use 1 to 2 apples or pears per juice.
- Lemon, lime, mint and ginger root can be added to any juice.
- Make juice in big batches in the morning and bring enough with you to get you through the day until you return home. Bring juice in any BPA free container and store in a refrigerator. Shake well before drinking.
- Have celery juice or coconut water after a workout or sauna, to re-hydrate.
- Once you've got the hang of it, feel free to experiment and decide what you like best!

Produce NOT to use in your juicer:

Avocado	Bananas	Bean Sprouts
Bok Choy	Figs	Mushrooms



Daily Juicing Tips

- First thing in the morning have 8-16oz. of hot water, add lemon and ginger if desired.
- Follow with 16oz. of water.
- Before bed have hot herbal tea, add stevia for sweetness if desired.
- When using Broccoli in your recipes, consider including the broccoli florets in your juice, or save them for a salad or another juice.

Meal Plan: Day 2

Breakfast	Mid Morning Juice
<p>Purple Power Juice 6 cups Concord Grapes 1 Golden Delicious Apple 2, 2x2" pieces Ginger ½ cup Blackberries</p> <p>Juice, Pour over ice, Enjoy!</p>	<p>Green Lemonade 1 Green Apple 1 ½ cups Spinach 6-8 Kale leaves ½ Cucumber 4 Celery stalks ½ Lemon</p> <p>Juice, Pour over ice, Enjoy!</p>
Lunch	Afternoon Snack
<p>V28 3 lg Red Beets 2 med Carrots 2 Celery stalks 4 Plum Tomatoes 4 cups Parsley (leaves and stems, roughly chopped) 1 Jalapeno (ribs and seeds removed) 12 Red Radishes</p> <p>Juice, Pour over ice, Enjoy!</p>	<p>Spinach-Fennel-Cucumber 1 Fennel Bulb 1 Cucumber 3 Celery stalks 3 cups Spinach</p> <p>Juice, Pour over ice, Enjoy!</p>
Dinner	
<p>Bountiful Brassica Juice 2 Broccoli stalks ½ head Green Cabbage 6-8 leaves of Kale 1 Granny Smith Apple ¼ Lemon (peeled) 1" Ginger root</p> <ol style="list-style-type: none"> 1. Wash all produce well. 2. Cut to fit into chute of juicer. 3. Juice kale first or between the apple and broccoli stalks to help pull more juice out of the softer greens. 4. Juice, pour over ice, Enjoy! 	



Long Weekend Reboot - Day 3

TOPIC: Fruits and Vegetables After the Reboot

Hello Rebooters,

Now is a good time to start planning how you will keep up with fruits and vegetables in your everyday diet after your Reboot finishes. Here are a few suggestions.

Salads, smoothies and soups made from fresh, seasonal, local and mostly organic produce are excellent ways to prepare for and ramp down from a Reboot as well as boost the variety of micronutrient rich foods in your day-to-day diet. Salads can add a variety of colors, textures and flavors to your diet.

Here's your chance to bring back some of those healthy ingredients you missed while juicing such as avocado and figs (be careful with the amounts of both of these for the first week post-Reboot - too much fat or fiber will be difficult for you to digest). Add ingredients such as beans, legumes and whole grains like lentils, organic soybeans, black beans, quinoa and wheat berries as well as tofu, edamame, nuts like walnuts, almonds, sunflower seeds, organic hard boiled eggs, or wild baked or grilled salmon to get some protein in a healthy way.

Smoothies are essentially blended fruits paired with some type of liquid. Begin your smoothie by adding fresh vegetable/fruit juice from your juicer or some type of milk product - however this need not be dairy (although, low fat organic dairy is still a healthy choice). You can choose almond, rice or organic soymilk as a liquid for your smoothie as well as fresh-juiced veggies. Then add whole fruits, fresh or frozen and additional liquid as needed to get to a texture you enjoy. You can bring back bananas into your life- they are excellent for thickening up a smoothie. Choose a ripe, yellow banana and consider using half at a time. Add frozen, organic fruit, especially for items out of season in your area, to make your smoothie cold and thicker with nutrients rather than ice. Greens such as swiss chard and spinach mix very well into smoothies and are an easy way to add some veggies to balance out your mix. Smoothies are a healthy breakfast or snack.

Soups are an excellent way to warm up in cool months with nutrient packed but light food. Start with a vegetable broth from scratch or choose an organic pre-made brand. Then, add lots and lots of veggies! Even though vegetables in soups are cooked for longer periods of time and become softer, the whole soup retains much of the original nutrient content from the fresh raw vegetables. While the water soluble vitamins may decrease within the actual vegetable, most "fall off" into the liquid of the soup, which you then drink allowing you to receive these vital nutrients. For anyone having digestive challenges with eating a large amount of raw vegetables, incorporating homemade soups can help remedy this problem. Cold soups such as avocado or gazpacho are a pleasurable addition to your diet in warm weather. Add frozen vegetables for items out of season in your area. Don't forget about protein - try beans like lentils or black/kidney beans, or wild fish.

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Daily Juicing Tips

- First thing in the morning have 8-16oz. of hot water, add lemon and ginger if desired.
- Follow with 16oz. of water.
- Before bed have hot herbal tea.
- Serve your juice over ice if desired.

Meal Plan: Day 3

Breakfast:	Mid Morning Juice:
<p>Apple-Carrot-Beet</p> <p>2 Apple 4 Carrots 2 Beets 6 leaves swiss chard 1" Ginger root</p> <p>Juice, Pour over ice, Enjoy!</p>	<p>Great Greens Juice</p> <p>2 Green Apples 2-3 cups Spinach 6-8 leaves Swiss Chard 1 Cucumber 4 Celery stalks ½ Fennel Bulb 1 bunch Basil (~ 20 leaves)</p> <p>Juice, Pour over ice, Enjoy!</p>
Lunch:	Afternoon Snack:
<p>Tabbouleh Juice</p> <p>4 cups Parsley 1 Tomato ¼ Red Onion ½ - 1 Lemon (peeled) ½ Cucumber 1 tsp Olive Oil Dash Sea Salt and Black Pepper (to taste)</p> <p>1. Push Parsley, Tomato Red Onion, Lemon and Cucumber through juicer. 2. Add Olive Oil, Salt and Pepper into juice, stir 3. Juice, pour over ice and enjoy.</p>	<p>Bruschetta Juice</p> <p>2 Tomatoes 1-2 Garlic cloves (peeled) 1 bunch Basil (~20 leaves)</p> <p>Juice, Pour over ice, Enjoy!</p>
Dinner:	
<p>Green Juice</p> <p>6 leaves Kale 2 cups Spinach ½ Cucumber 4 Celery stalks 2 Apples 1" Ginger root</p> <p>Juice, Pour over ice, Enjoy!</p>	